

PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9-11a.m.	N/A
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-4:30 p.m. / 7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	10a.m.-12:45p.m. / 2-6:30 p.m.**	1-4:30p.m.	1-4:30p.m.
Aqua Zumba	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11-1p.m. / 5-7p.m.	5-7p.m.

*Lap lanes may vary depending on what time of the day it is.

** During swim lessons there is no Rec. Play until swim lessons are complete. During the aerobics time (5:30 – 6:30 p.m.) all play features will be turned off.

***Water will be cleared 30 minutes before each pool party is to be out of the facility in order for cleanup time.

Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Aqua Zumba

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Squeaks n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

Shallow Water

A moderate-to-high cardio workout, abdominals, and muscle conditioning in shallow water.

